Development of school-based health promotion for adolescents health in Indonesia: 
Challenges and future strategies in health and education sectors

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Abstract

Global evidence clearly indicates that health-risk issues such as smoking, consumption of unhealthy food, physical inactivity, mental health problems, unintentional injury, unsafe sexual activity and alcohol and drug abuse are common in adolescents. In the long term, these health-risk issues relate to chronic disease, disability and premature death. An effective prevention strategy addressing the health risks among adolescents is important to improve the quality of life during adolescence and throughout adulthood, and school is an ideal setting to promote adolescents’ health.

School-based health promotion has been developed as both a global and a country strategy to prevent health risks among adolescents. In Indonesia, a school-based health program has evolved since 1960, with collaboration between the National Health and Education Ministries, as the two key stakeholders. However the participating Indonesian schools are still struggling to conduct health promotion activities with their students and the local school community. This was highlighted by a preliminary study in this research which demonstrated that only one out of nine junior high schools had actively implemented the school-based health promotion program. In addition, national figures for major health-risk behaviours among adolescents in Indonesia continue to show a higher proportion of smoking, bullying and unintentional injury compared to other countries in Asia. Evidence relating to the needs and challenges of key stakeholders in Indonesia to effectively implement a school-based health promotion is required urgently to support the development of policy to improve such programs.

This thesis aimed to examine the needs and challenges confronting both the health and education sectors in implementing the school-based health promotion program in Indonesia. The research findings will inform the stakeholders in developing strategies to better and more effectively implement school-based health promotion programs in Indonesia. This research used a variety of methods including: 1) a comprehensive needs assessment; 2) a case study approach in two schools in Depok and 3) a secondary data analysis of Depok school-based health survey data from Indonesian Ministry of Health. Data was gathered using in-depth interviews, observation and group discussion in several settings, including Indonesia (in Jakarta and Depok), Australia (in Queensland) and China (in Guangzhou, Hong Kong and Macao).
This research discovered the primary needs for an effective school-based health promotion program are: sufficient human resources; an effective government system and governance structures; school-based health activities on a regular basis; maintaining an equal work load between the health and education sectors; and a stronger advocacy process for school-based health promotion programs at the national and district level. The key challenges for implementing effective school-based health promotion were: failure to transfer policy into practice, problematic communication between key stakeholders in the partnerships and lack of resources at school level.

One of the most challenging issues in relation to improving partnerships between the health and education sectors is the different expectations of each partner and the lack of clarity of roles and responsibilities. The limited budget for implementing the school-based health promotion program is one of the main issues for the majority of the selected schools analysed in this research. Lessons learnt from China and Australia highlighted that the leading sector in the school-based health promotion program can be any institution or organization (not necessarily the national government, as is the case in Indonesia), that strong community action is necessary for success, that school leadership is a critical element of program implementation and effective partnerships are very important in school-based health promotion.

In conclusion, this research has demonstrated firstly, the important of preventing health-risk issues among adolescents, secondly, it has identified challenges and ways to improve school-based health promotion program in Indonesia. Finally, this study has demonstrated the necessity to shift the mindset of all related stakeholders and school communities to increase preventive health promotion approaches, rather than the curative approach, in developing school-based health activities. The future plan for strengthening the school-based health promotion program requires the development of a more comprehensive policy approach, strategies to facilitate effective partnerships and ways to strengthen community involvement.
Statement of Originality

"This work has not previously been submitted for a degree or diploma in any university. To the best of my knowledge and belief, the thesis contains no material previously published or written by another person except where due reference is made in the thesis itself."

Signed: ______________________________

Date: ______________________________
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<th>Description</th>
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<tbody>
<tr>
<td>Arisan</td>
<td>A housewife group</td>
</tr>
<tr>
<td>ASHRAE</td>
<td>The American Society of Heating, Refrigerating and Air-conditioning Engineers</td>
</tr>
<tr>
<td>BMI</td>
<td>Body Mass Index</td>
</tr>
<tr>
<td>CDC</td>
<td>Centre for Disease Control</td>
</tr>
<tr>
<td>CHD</td>
<td>Coronary Hearth Disease</td>
</tr>
<tr>
<td>CHEP</td>
<td>Centre for Health Education and Health Promotion</td>
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<tr>
<td>CI</td>
<td>Confidence Interval</td>
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<tr>
<td>COPD</td>
<td>Chronic Obstructive Pulmonary Disease</td>
</tr>
<tr>
<td>CPHD</td>
<td>Centre for Physical Health Development (&quot;Pusat Pendidikan dan Pengembang Jasmani)</td>
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<tr>
<td>ETS</td>
<td>Environmental Tobacco Smoke</td>
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<tr>
<td>FDA</td>
<td>Food and Drug Association</td>
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<tr>
<td>FGD</td>
<td>Focus Group Discussion</td>
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<tr>
<td>FRESH</td>
<td>Focusing Resources for Effective School Health</td>
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<tr>
<td>GLM</td>
<td>General Linear Model</td>
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<tr>
<td>GSHS</td>
<td>Global School-based Student Health Survey</td>
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<td>HAS</td>
<td>Hong Kong Healthy Schools Award Scheme</td>
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<td>HBM</td>
<td>Health Belief Model</td>
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<tr>
<td>HDL</td>
<td>High Density Lipoprotein</td>
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<tr>
<td>HIV/AIDS</td>
<td>Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome</td>
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<tr>
<td>HPS</td>
<td>Health Promoting School</td>
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<tr>
<td>HPSMP</td>
<td>Health Promoting Schools Mentoring Project</td>
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<tr>
<td>IMOH</td>
<td>Indonesian Ministry of Health</td>
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<tr>
<td>K-12</td>
<td>Kindergarten to grade 12</td>
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<tr>
<td>Karang</td>
<td>A youth group</td>
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<tr>
<td>KIA</td>
<td>Maternal and Child Health</td>
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<tr>
<td>MOEd</td>
<td>Ministry of Education</td>
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<tr>
<td>MOH</td>
<td>Ministry of Health</td>
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<tr>
<td>MS</td>
<td>Mainstream Smoke</td>
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<tr>
<td>NCD</td>
<td>Non-Communicable Disease</td>
</tr>
<tr>
<td>NGO</td>
<td>Non-Government Organization</td>
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<tr>
<td>NHS</td>
<td>National Health Service</td>
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<td>NHSS</td>
<td>National Healthy School Standard</td>
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<tr>
<td>NIDA</td>
<td>National Institute on Drug Abuse</td>
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PAR Population Attributable Risk
“Perilaku Hidup Bersih dan Sehat” (a healthy and clean behaviour program in five

PHBS different settings, being workplaces, households, hospitals, schools, and public places).

PHC Primary Health Centre

PKK “Pembinaan Kesejahteraan Keluarga” (family welfare movement)

PKPR “Pelayanan Kesehatan Peduli Remaja” (adolescent health care program)

PMR “Palang Merah Remaja” (Adolescents Red Cross)

POM Food and Drug Association

PROMKES “Promosi Kesehatan” (Health Promotion Centre)

SCT Social Cognitive Theory

SEL Social and Emotional Learning

SHP School Health Program

SHPS School Health Portfolio System

SKRT “Survey Kesehatan Rumah Tangga” (A national Household Health Survey)

SS Sidestream Smoke

STI Sexual Transmitted Infections

SWOT Strength Weaknes Opportunity Threaten

TMC Transtheoretical Model of Change

Trias UKS A school health program consists of three main aspects being health education, health

services, and school environment.

UK United Kingdom

UKS “Upaya Kesehatan Sekolah” (school health program)

UNICEF United Nations Children's Fund

USA United State of America

WGHPSGS Western Gateway Health Promoting School Grant Scheme

WHO World Health Organization
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